

MOTION BY SUPERVISOR MARK RIDLEY-THOMAS

February 16, 2010

Proclaim Healthy Heart Awareness Week

Every minute, one woman dies from heart disease. Heart disease is the number one cause of death for both men and women in America, claiming approximately 53% of all deaths and the lives of 460,000 women each year.

Statistics in Los Angeles County (County) are even more alarming. According to the June 2009 Key Indicators of Success, 7.7% of all County residents are diagnosed with a heart problem, with rates of 10.1% in the Antelope Valley, 9% in the South Bay, and 7.6% in South Los Angeles, all much higher rates than the national average of 4.1%. Additionally, the rate of coronary heart disease in the County per 100,000 residents is 167.6 deaths, with 217.6 in South Los Angeles and 205.2 in the Antelope Valley, higher overall rates than the 153.9 national average.

The good news is that heart disease is predictable, preventable, and treatable.

The Los Angeles County Office of Women's Health is conducting a multi-lingual, multi-cultural *Heart Disease Risk Assessment* to increase awareness of heart disease risk factors among women, to encourage women to adopt a healthy lifestyle, and to connect women with risk factors for heart disease with a medical home. Women throughout Los Angeles County can call 1-800-793-8090 to participate in the telephone risk assessment and receive educational materials tailored to their risk factors.

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A healthy lifestyle is a key component of prevention. The Los Angeles County Department of Public Health recommends the following activities to lower the risk of heart disease:

1. GET ACTIVE. Exercise everyday for at least 30 minutes; walk, swim, bike, dance, jump, or perform any activity to increase your heart rate for at least 10 minutes at a time, for a total of 30 minutes.
2. EAT MORE FRUITS AND VEGETABLES. Eat 2 cups of fruits and 2 1/2 cups of vegetables everyday and choose orange and dark green leafy vegetables and legumes two to three times each week.
3. STOP SMOKING. Seek counseling services and medications from a doctor or health plan to help you stop smoking. Get free help from 1-800-NO-BUTTS.

Promoting healthy eating, being active, not smoking, and getting regular check-ups will encourage County residents to reduce their risk for heart disease.

By increasing awareness, speaking up about heart disease, and empowering residents to be informed, thousands of lives can be saved each year.

I THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

1. Proclaim the week of February 22, 2010 as "Healthy Heart Awareness Week" throughout Los Angeles County and encourage employees and residents to take action through screenings, healthy lifestyle changes, and awareness to prevent heart disease; and
2. Proclaim February 23, 2010 Heart Disease Awareness Day, urging all County employees to show support for the fight against heart disease by wearing the color red.

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